

PECAN PRALINE CHEESECAKE

(Drizzled with maple syrup and topped with fresh pecans)

1 c graham cracker crumbs	2 T all-purpose flour
3 T sugar	1 ½ c packed brown sugar
2 T butter, melted	3 eggs separated
3 pkgs (8 oz) low fat cream cheese, softened	2 t vanilla
1 can (15 oz) blackeyes, drained & rinsed	½ c chopped pecans
Maple syrup & pecan halves for decorating	

Preheat oven to 350°. Combine crumbs, sugar and melted butter; press into bottom of 9-10" spring form pan. Bake 5-6 minutes until lightly toasted. Set aside.

Combine cream cheese, blackeyes and flour, mixing at medium speed with electric mixer until well blended. Gradually add brown sugar. Add egg yolks and vanilla; beat until blended.

In another large bowl of electric mixer, beat egg whites until stiff and glossy, but not dry; fold egg whites and nuts into cream cheese mixture. Pour into prepared crust.

Bake at 350° for 50-60 minutes or until edges are golden brown and center is almost set. With a knife, loosen cake from rim of pan. Cool on wire rack then chill. Remove pan rim. Brush with maple syrup and garnish with pecan halves, if desired.

Serves 10-12. Cake can be frozen.

Based on 12 Pieces, Per piece =

Calories: 402, Carbohydrate: 48 grams, Protein: 8 grams, Fat: 20 grams.